

Mountains
Development Program (-7) or Progression Program (+7)
***Option A, B, C & D**

Program Timing Duration	Christmas Camp: December 27 – 31 &/or January 3 - 7 (your choice to add) March Camp: March 12-16 (your choice to add) 8 Week Saturdays and Sundays : January 13/14 – March 3/4
Daily Training Schedule	Morning Training: 9:30 – 11:30 Lunch: 11:30 – 12:30 (unsupervised) Afternoon Training Saturday ONLY: 12:30 – 2:30 (Parents or guardian must pick up athletes at lunch/end of day unless they have signed a release form) Option A: 6 Hours Saturday morning & afternoon training & Sunday morning Option B: 4 Hours Saturday & Sunday morning Option C: 4 Hour Saturday Full day training both morning and afternoon Option D: 2 Hour Saturday morning training
Meeting Area	Program Flags at Matts Meadow
Equipment Requirements	Snowboard or Skis, boots, poles and helmet that fit, outdoor clothing (see parent guide)
Equipment Options	
LTAD Stage	Learn to Train – Click Here
Prerequisites	Ski parallel consistently on blue terrain (Boomer) in both large and small sized Rhythmical turns or linked turns with grip on snowboard on Boomer.
Objective	Movement patterns are coordinated to allow for varied turn shape, management of speed on black terrain & developing grip throughout the arc of a turn. Benchmark skills for this program are varied turn shape, rhythm for pole plant and consistent parallel on Boomer to Freefall. We recommend that a minimum of 70 hours of programming is necessary to progress to Progression Programs, Race or Freestyle. Training time will be spent on varied terrain, features & in gates.
Competitions	Club Championships (included) Children's House League is a great addition.
Next Steps	U10 / U12 Racing Freestyle Snowboard Race
Feedback Expectations	Participants will receive mid-season and final report from the Pros. Weekly updates on all Recreational programs will be sent Thursdays
Price	Mountain A - \$800 includes 6 hour of coaching for 8 weeks (Sat AM/PM Sun PM) Mountain B - \$620 includes 4 hours of coaching for 8 weeks (Sat AM Sun AM) Mountain C - \$620 includes 4 hours of coaching for 8 weeks (Sat AM/PM) Mountain D - \$415 includes 2 hours of coaching for 8 weeks (Sat AM)